

Media Advisory

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HHS Encourages Women to Take Care of Their Health, Get Regular Preventive Check-Ups

National Women's Check-Up Day is May 12, 2003

Washington, D.C. – Taking a day to focus on your personal health could help add years to your life. One of the most important steps a woman can take for better health is to get regular check-ups and ask her health care provider about screenings for heart disease, diabetes, cancer and sexually transmitted diseases.

What: On May 12, Health and Human Services Secretary Thompson will launch **National Women's Check-Up Day**. Participating community health centers, hospitals and other health providers across America will recognize this day by offering preventive health screenings and other services.

Check-Up Day is a highlight of **National Women's Health Week**. Throughout the week, events will be held in cities across America to encourage women to adopt healthier lifestyles.

Who: National Women's Check-Up Day is coordinated by the U.S. Department of Health and Human Services' Office on Women's Health. Department spokespersons are available for interviews.

When: National Women's Health Week kicks off on Mother's Day (May 11) and runs through May 18. National Women's Check-Up Day is Monday, May 12.

Why: Many of the leading killers of women, including heart disease, cancer and diabetes can be successfully prevented or treated if caught early enough.

To find out about events in your media market, or for more information about National Women's Check-Up Day, including health information, statistics and prevention tips, call our toll-free hotline at (800) 994-9662, or TDD: (888) 220-5446, or visit online at <http://www.4woman.gov/whw/media.htm>.

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